

WHAT IS CLAIMED IS

1. A plastic container, comprising: a self-supporting base; a body portion extending above the base; and a neck portion extending above the body portion, said neck portion including a dispensing opening; wherein said body portion includes a substantially rigid sidewall portion including a structural reinforcement, said structural reinforcement including a plurality of reinforcement formations in the form of indentations and interspersed lands extending around the body portion and arranged in a staggered configuration.
2. A container according to claim 1, wherein said body portion includes an annular wall, wherein said reinforcement formations extend around said annular wall.
3. A container according to claim 2, wherein said reinforcement formations are rectangular, brick-like formations with a recessed central portion.
4. A container according to claim 3, wherein said reinforcement formations are separated by intervening lands and are present in a plurality of circumferential rows each of which extend completely around said body portion.
5. A container according to claim 4, including 4 to 8 of said rows.

6. A container according to claim 4, wherein said rectangular, brick-like formations have a width and a depth, and the ratio of width to depth is from 10:1 to 2:1.
7. A container according to claim 4, wherein the base includes a flexible portion configured to contract upwardly in response to vacuum generated within the container.
8. A container according to claim 4, wherein said indented reinforcement formations are separated by raised lands.
9. A container according to claim 4, wherein said brick-like formations are arranged in an overlapping pattern.
10. A container according to claim 1, wherein said sidewall portion includes at least one annular ring.
11. A container according to claim 1, wherein said body portion includes at least one additional pressure relief formation.
12. A container according to claim 1, wherein said plastic container includes recycled plastic material.
13. A container according to claim 1, wherein said container includes a coating on the internal surface of the container.
14. A container according to claim 13, wherein said coating is a carbon coating.